



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09504, Apples, raw, fuji, with skin

Report Date: May 22, 2017 01:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	84.16	--	0.473	83.55	85.66	1.0	78.248	90.071	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	265	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein ^{1 2}	g	0.20	--	0.008	0.17	0.22	1.0	0.104	0.303	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) ^{1 2}	g	0.18	--	0.049	0.07	0.27	1.0	-0.425	0.79	2	Analytical or derived from analytical	--	08/2012
Ash ^{1 2}	g	0.24	--	0.052	0.15	0.34	1.0	-0.095	0.567	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	15.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary ^{1 2}	g	2.1	--	0.200	1.7	2.8	1.0	0.57	3.68	2	Analytical or derived from analytical	--	08/2012
Sugars, total ^{1 2}	g	11.68	--	0.163	11.5	12.01	1.0	9.605	13.755	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	2.21	--	0.021	1.35	2.67	1.0	1.943	2.476	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	3.00	--	0.082	2.55	3.66	1.0	1.959	4.043	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	6.47	--	0.060	6.37	6.55	1.0	5.703	7.235	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Starch 2	g	0.05	--	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2	mg	7	--	0.318	6	8	1.0	4.23	8.935	2	Analytical or derived from analytical	--	08/2012
Iron, Fe 2	mg	0.10	--	--	0.1	0.11	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2	mg	5	--	0.048	5	5	1.0	4.501	5.654	2	Analytical or derived from analytical	--	08/2012

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Phosphorus, P 1 2	mg	13	--	0.476	11	13	1.0	6.584	18.516	2	Analytical or derived from analytical		-- 08/2012
Potassium, K 1 2	mg	109	--	4.937	90	126	2.0	84.691	133.609	2	Analytical or derived from analytical		-- 08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed		-- 08/2012
Zinc, Zn 1 2	mg	0.04	--	0.012	0.03	0.08	1.0	-0.101	0.188	2	Analytical or derived from analytical		-- 08/2012
Copper, Cu 2	mg	0.025	--	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical		-- 08/2012
Manganese, Mn 1 2	mg	0.031	--	0.001	0.03	0.04	1.0	0.026	0.036	2	Analytical or derived from analytical		-- 08/2012
Selenium, Se 1 2	µg	0.0	--	0.001	0	0	1.0	0.01	0.035	2	Analytical or derived from analytical		-- 08/2012
Vitamins													
Thiamin 1 2	mg	0.013	--	0.001	0.01	0.02	2.0	0.006	0.019	2	Analytical or derived from analytical		-- 08/2012
Riboflavin 1 2	mg	0.026	--	0.001	0.01	0.04	1.0	0.011	0.04	2	Analytical or derived from analytical		-- 08/2012
Niacin 2	mg	0.070	--	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical		-- 08/2012

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Pantothenic acid 1 2	mg	0.051	--	0.002	0.03	0.08	1.0	0.026	0.076	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.045	--	0.005	0.04	0.06	1.0	-0.008	0.098	2	Analytical or derived from analytical	--	08/2012
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, beta 1	µg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin A, IU 1	IU	38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin ¹	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) ^{1,2}	µg	1.0	--	0.071	0.9	1.1	2.0	0.696	1.304	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ^{4 5 6 7 8}	mg	0.79	--	0.16	0	1.83	--	--	--	--	--	--	--
Petunidin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ^{5 6}	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Malvidin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ^{5 6}	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Peonidin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ^{4 6 7}	mg	0.8	--	0.03	0.1	1.3	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁶	mg	1.1	--	0.49	0.22	2.51	--	--	--	--	--	--	--
(-)-Epicatechin ^{4 6 7}	mg	5.5	--	0.56	1.01	13.23	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁶	mg	1.9	--	1.45	0.08	6.26	--	--	--	--	--	--	--
(+)-Gallocatechin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ⁶	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{5 6}	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin ^{5 6}	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Flavonols													
Myricetin ^{5 6}	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--
Quercetin ^{4 5 6 7}	mg	2.4	--	0.29	0	4.91	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	9.9	--	2.64	6.48	12.9	--	--	--	--	--	--	--
Proanthocyanidin trimers ³	mg	6.1	--	1.43	4.29	7.78	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ³	mg	19.1	--	4.31	13.76	24.32	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ³	mg	13.8	--	2.79	10.62	17.43	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ³	mg	14.2	--	3.06	11.18	18.48	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

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⁴Arabbi, P. R., Genovese, M. I., and Lajolo, F. M. Flavonoids in vegetable foods commonly consumed in Brazil and estimated ingestion by the Brazilian population., 2004 J. Agric. Food Chem. 52 5 pp.1124-1131

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